

A person wearing a white lab coat is holding an open book. The book is open to a page with text, and the person's hands are visible holding the edges of the pages. The background is a soft, out-of-focus grey.

THE MEDICAL MANUAL

GOD'S HEALTH PLAN

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STUDY GUIDE

LESSON 13

BUILT UPON THE ROCK
BIBLE STUDY SET

ESTABLISHING YOUR FAITH ON A FIRM
FOUNDATION. (MATTHEW 7:24

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13. The Medical Manual – God’s Health Plan

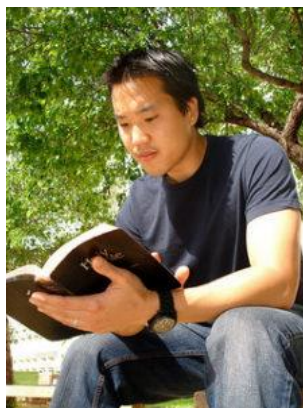
Good medical care is priceless—but wouldn’t it be great if we didn’t need doctors anymore? Well, did you know there is a proven way to put a lot of doctors out of work? ... Take care of your body! Scientists have sounded the alarm about cholesterol, tobacco, stress, obesity, and alcohol, so why press your luck? God truly cares how you treat your body, and He’s given you a free health plan to go by—the Bible!

1. Are health principles really a part of true Bible religion?

“Beloved, I wish **above all things** that thou mayest prosper and be in health, even as thy soul prospereth.” (3 John 1:2)

"And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee." (Exodus 15:26)

Answer: Yes. The Bible rates health right near the top of the list in importance “above ALL THINGS”. A person’s mind, spiritual nature, and body are all interrelated and interdependent. What affects one affects the others. If the body is misused, the mind and the spiritual nature cannot become what God planned they should be—and you may not be able to live an abundant life. (See John 10:10.)



2. Why did God give health principles to His people?

"And the LORD commanded us to do all these statutes, to fear the LORD our God, for our good always, that he might preserve us alive, as [it is] at this day." (Deuteronomy 6:24)

"And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee." (Exodus 23:25)

Answer: God gave health principles because He knows what is best for the human body.

Automobile manufacturers place an operations manual in the glove compartment of each new car because they know what is best for their creation. God, who made our bodies, (Gen 1:26) also has an “operations manual.” It is the Bible. Ignoring God’s “operations manual” often results in disease, twisted thinking, and burned-out lives, just as abusing a car can result in serious car trouble. Following God’s principles results in “saving health” (Psalm 67:2 KJV) and more abundant life (John 10:10). With our cooperation, God can use these great health laws to significantly reduce and eliminate the effects of



the diseases of Satan (Psalm 103:2, 3).

3. Do God’s health principles have anything to do with eating and drinking?

“Eat what is good” (Isaiah 55:2).

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." (1 Corinthians 10:31)

Answer: Yes. A Christian will even eat and drink differently—all to the glory of God—choosing only “what is good.” If God says a thing is not fit to eat, He must have a good reason. He is not a harsh dictator, but a loving Father. All His counsel is “for our good always.” The Bible promises, “No good thing will He withhold from them which walk uprightly” (Psalm 84:11). So if God withholds a thing from us, **it is because it is not good** for us.

Note: No person can eat his or her way into heaven. Only acceptance of Jesus Christ as Lord and Savior can do that. Ignoring God’s health laws, however, might cause a person to lose his good judgment by slowing the body and mind, and thus fall into sin, even to the point of losing salvation.

4. What did God give people to eat when He created them in a perfect environment?

"And God said, Behold, I have given you every herb bearing seed, which [is] upon the face of all the earth, and every tree, in the which [is] the fruit of a tree yielding seed; to you it shall be for meat." (Genesis 1:29)

"And the LORD God commanded the man, saying, of every tree of the garden thou mayest freely eat:" (Genesis 2:16)

Answer: The diet God gave people in the beginning was fruit, grains, and nuts. Vegetables were added a little later (Genesis 3:18).

5. What items are specifically mentioned by God as being unclean and forbidden?

Answer: In Leviticus 11 and Deuteronomy 14, God points out the following food groups as being unclean. Read both chapters in full.

- A. All animals that do not both chew the cud and have a split hoof (Deuteronomy 14:6).
- B. All fish and water creatures that do not have both fins and scales (Deuteronomy 14:9).
- C. All birds of prey, carrion eaters, and fish eaters (Leviticus 11:13–19).
- D. Most “creeping things” (or invertebrates) (Leviticus 11:21–44).



Note: These chapters make it clear that most animals, birds, and water creatures people ordinarily eat are considered clean. There are, however, some notable exceptions. According to God’s rules, the following animals are unclean and are not to be eaten: cats, dogs, horses, camels, eagles, vultures, hogs, squirrels, rabbits, catfish, eels, lobsters, clams, crabs, shrimp, oysters, frogs, and others.

6. If a person likes pork and eats it, will he really be destroyed at the second coming?

“Behold, the Lord will come with fire ... and by His sword the Lord will judge all flesh; and the slain of the Lord shall be many. Those who sanctify themselves and purify themselves ... eating swine’s flesh and the abomination and the mouse, shall be consumed together” (Isaiah 66:15–17).

Answer: This may be shocking, but it is true and must be told. The Bible says that anyone who eats “swine’s flesh” and other unclean things that are an “abomination” will be destroyed at the coming of the Lord. When God says to leave something alone and not eat it, we should by all



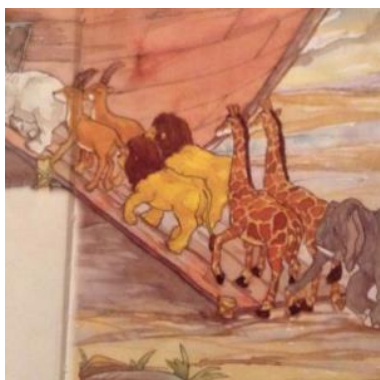
means obey Him. After all, the eating of forbidden fruit by Adam and Eve brought sin and death to this world in the first place. Can anyone say it doesn't matter what we eat? God says people will be destroyed because they "chose that in which I do not delight" (Isaiah 66:4). These things can affect the body and mind to the point where spiritual things are very hard to discern.

When we spiritualize away one point of scripture because something "tastes good" it ends up becoming easier the next time to spiritualize away another point. We must be very careful that we do not fall into that snare. And as a result our minds become clouded.

7. But didn't this law of clean and unclean animals originate with Moses? Wasn't it for the Jews only, and didn't it end at the cross?

"And the LORD said unto Noah, Come thou and all thy house into the ark; for thee have I seen righteous before me in this generation. Of every **clean** beast thou shalt take to thee by sevens, the male and his female: and of beasts that [are] **not clean** by two, the male and his female." (Genesis 7:1, 2)

"Ye shall not make yourselves abominable with any creeping thing that creepeth, neither shall ye make yourselves **unclean** with them, that ye should be defiled thereby...Defile not ye yourselves in any of these things: **for in all these the nations are defiled which I cast out before you.**" (Leviticus 11:43, 18:24)



Answer: No on all points. Noah lived long before any Jews existed, but he knew of the clean and unclean animals, because he took into the ark the clean ones by sevens and the unclean ones by twos. The other nations that were in the land of Canaan before the Jews were guilty of "defiling" themselves in these same statutes before the Jews even came into the land, or before they received the law at Mount Sinai. Revelation 18:2 refers to some birds as being unclean just before the second coming of Christ. The death of Christ did not in any way affect or change these health laws, since the Bible says that all who break them will be destroyed when Jesus returns (Isaiah 66:15–17). The Jew's digestive system in no way differs from the Gentile's digestive

system. These health laws are for all people for all time.

8. What about the Blood?

"It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood." (Leviticus 3:17)

"But that we write unto them, that they abstain from pollutions of idols, and from fornication, and **from things strangled, and from blood.**" (Acts 15:20)

"That ye abstain from meats offered to idols, and **from blood, and from things strangled...**" (Acts 15:29)

This statute in the Old Testament is the most mentioned statute of all statutes. But furthermore, it was one of the few emphasized statutes that was to be first taught to the gentiles as the apostles were going from place to place.

Many today eat their steak in a small puddle of warmed blood. Or their bloody burgers or fattened chicken not knowing that many of these things are often linked to heart disease, diabetes, cancer, Alzheimers and many other diseases.



9. Does the Bible say anything about the use of alcoholic beverages?

"Wine [is] a mocker, strong drink [is] raging: and whosoever is deceived thereby is not wise." (Proverbs 20:1)

"Look not thou upon the wine when it is red, when it giveth his colour in the cup, [when] it moveth itself aright. At the last it biteth like

a serpent, and stingeth like an adder." (Proverbs 23:31, 32)

"Neither fornicators ... nor drunkards ... will inherit the kingdom of God" (1 Corinthians 6:9, 10).



Answer: Yes. The Bible strongly warns against the use of alcoholic beverages.

10. Does the Bible warn against the use of other harmful substances, such as tobacco?

Answer: Yes. The Bible gives six reasons why the use of harmful substances, such as tobacco, are displeasing to God:

A. "Know ye not that ye are the temple of God, and [that] the Spirit of God dwelleth in you?, If any man

defile the temple of God, him shall God destroy; for the temple of God is holy, which [temple] ye are." (1 Corinthians 3:16-17)

B. Nicotine is an addictive substance that enslaves people. Romans 6:16 says that we become servants to whomever (or whatever) we yield ourselves. Tobacco users are slaves to nicotine. Jesus said, "Thou shalt worship the Lord thy God, and Him only shalt thou serve" (Matthew 4:10).

C. The tobacco habit is unclean. "Come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you" (2 Corinthians 6:17). Isn't it preposterous to think of Christ using tobacco in any form?

D. The use of harmful substances wastes money "Wherefore do ye spend money for [that which is] not bread? (Isaiah 55:2). We are God's stewards of the money given us, and "Moreover it is required in stewards, that a man be found faithful." (1 Corinthians 4:2)

E. The use of harmful substances weakens our ability to discern the promptings of the Holy Spirit. "Abstain from fleshly lusts which war against the soul" (1 Peter 2:11). The use of harmful substances is a fleshly lust.

F. The use of harmful substances shortens life. Science has confirmed that the use of tobacco can dramatically shorten life spans. This breaks God's command against killing ([Exodus 20:13](#)). Even



though it is slow murder, it is still murder. One of the best ways to postpone your funeral is to quit using tobacco.

11. What are some of the simple yet important health laws found in the Bible?

Answer: Here are 14 Bible health principles:

A. "Blessed [art] thou, O land, when thy king [is] the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!" (Ecclesiastes 10:17)

"[It shall be] a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood." (Leviticus 3:17)

Note: *Science has confirmed that most heart attacks result from high cholesterol—and that the use of fats is largely responsible for high levels of cholesterol. It looks like the Lord knows what He is talking about after all, doesn't it?*



B. "And put a knife to thy throat, if thou [be] a man given to appetite." (Proverbs 23:2)

In Luke 21:34, Christ specifically warned against "surfeiting" (intemperance, gluttony) in the last days. Overeating, a form of intemperance, is responsible for many degenerative diseases.

C. Don't harbor envy or hold grudges. These kinds of sinful feelings actually disrupt body processes. The Bible says that envy is "rotteness to the bones" (Proverbs 14:30). Christ even commanded us to clear up grudges that others might hold against us (Matthew 5:23, 24).

D. Maintain a cheerful, happy disposition.

"A merry heart doeth good, like a medicine" (Proverbs 17:22).

"For as he thinketh in his heart, so is he" (Proverbs 23:7).

Many diseases from which people suffer are a result of depression. A cheerful, happy disposition imparts health and prolongs life.

E. Put full trust in the Lord.

"The fear of the LORD [tendeth] to life: and [he that hath it] shall abide satisfied; he shall not be visited with evil." (Proverbs 19:23)

Trust in the Lord strengthens health and life. "My son, attend to my words; incline thine ear unto my sayings...For they [are] life unto those that find them, and health to all their flesh." (Proverbs 4:20, 22)



F. Balance work and exercise with sleep and rest.

"Six days shalt thou labour and do all thy work, but the seventh day is the Sabbath of the Lord your God. In it thou shalt not do any work." (Exodus 20:9, 10).

"The sleep of a labouring man is sweet" (Ecclesiastes 5:12).

"In the sweat of your face shalt thou eat bread" (Genesis 3:19).

"It is vain for you to rise up early, to sit up late" (Psalm 127:2).

"For what hath man of all his labour, and of the vexation of his heart, wherein he hath laboured under the sun? For all his days [are] sorrows, and his travail grief; yea, his heart taketh not rest in the night. This is also vanity." (Ecclesiastes 2:22,23)

G. Keep your body clean.

"Be clean" (Isaiah 52:11).

H. Be temperate in all things.

"And every man that striveth for the mastery is temperate in all things. Now they [do it] to obtain a corruptible crown; but we an incorruptible." (1 Corinthians 9:25)

"Let your moderation be known unto all men. The Lord [is] at hand." (Philippians 4:5)

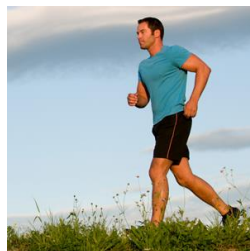
A Christian should completely avoid things that are harmful and be moderate in the use of things that are good. Habits that injure health break the command "thou shall not kill" by degrees. They are suicide on the installment plan.



I. Avoid anything harmful to the body (1 Corinthians 3:16, 17)

This might surprise you, but medical science confirms that tea, coffee, and soft drinks that contain the drug caffeine and other harmful ingredients are damaging to the human body. None of these contains food value except through the sugar or cream added, and most of us already use too much sugar. Stimulants give a damaging, artificial boost to the body and are like trying to carry a ton in a wheelbarrow. The popularity of these drinks is due not to flavor or advertising, but to the doses of caffeine and sugar they contain. Many Americans are sickly because of their addiction to coffee, tea, and soft drinks. This delights the devil and damages human lives.

Science has labelled coffee a drug, and in recent studies science has confirmed that only 250mg of coffee can result in a 27% decrease in cerebral blood flow. That is the blood flow to the decision making part of the brain. The effect is similar to alcohol in causing certain parts of the brain not to function at full capacity.



J. Make mealtime a happy time.

"Every man should eat and drink and enjoy the good of all his labour—it is the gift of God" (Ecclesiastes 3:13)

Unhappy scenes at mealtime hinder digestion. Avoid them.

K. Fasting and Help those who are in need.

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens... Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him;...Then shall thy light break forth as the

morning, and thine health shall spring forth speedily:" (Isaiah 58:6-8)



Fasting is very good for the body. Intermittent fasting has been known to reduce inflammation which is the cause of most disease. It also has numerous other benefits. Furthermore, when we help the poor and needy, we improve our own health.

L. Not mingling seed.

"Thou shalt not sow thy vineyard with divers seeds: lest the fruit of thy seed which thou hast sown, and the fruit of thy vineyard, be defiled." (Deuteronomy 22:9)

Scientists today have been genetically modifying or cross breeding seeds with different genes from different plants and the results of these man-made modifications have been horrific. Many countries today have banned GMO foods after seeing the effect of them.

M. Let the Land Rest every seventh year. (Lev 25:3, 4)

We only have to look at recent history to find an answer.

The Dust bowl of the 1930's came about because the land was continuously farmed, and the nutrients of the land were depleted to a point that it could no longer support vegetation.

All things need to have their nutrients renewed periodically this is true of the land as well as mankind. Since the Dust bowl farmers routinely allow a portion of their land to go fallow, usually on a field rotational basis. Many even grow crops that leave a residue to be worked back into the ground, such as soy beans and corn.

God in his infinite wisdom knew that anything material would, through the process of aging, deteriorate, and that occasional renewing by the input of new nutrients would be necessary. The renewing of nutrients slows the process of deterioration, whether it is in man or plants or animals or even the land. And that is the reason for God declaring the Sabbath year.



That is also the reason why fertilization is such a necessary component of growing plants whether in your flower garden or on a large farm. That is incidentally the reason for his declaring a Sabbath day for man. (Exo 20:8) God knew that unless man's awareness of him and his laws was renewed on a frequent basis it would eventually fade from his memory, as we see the World today.

When God put man into the Garden of Eden he charged him with caring for it:

"And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it." (Gen 2:15)

This tells us that nature and the land needs our attention, but even further when God ejected man from the garden of Eden he told Adam what his punishment would be:

"And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return." (Genesis 3:17-19)

Also: "Therefore the LORD God sent him forth from the garden of Eden, to till the ground from whence he was taken." (Genesis 3:23)

Since man is essentially dust and needs to replenish himself through eating, why would the land be any different?

N. Not mixing wool and linen. (Deu 22:11)

For any individual desiring to be well one of the recommendations from the instructions of the Holy Scriptures is to wear linen.

When wearing 100% linen, many individuals have testified that they have been rapidly healed. Post injury or surgical pain was substantially reduced (without the use of prescription or over the counter drugs) when using linen bandages and wearing linen clothing.

The Biblical warning of wearing wool and linen together has proved in scientific studies to be accurate: the energy of these two fabrics put together (wool sweater on top of a linen outfit) collapsed the electrical field as well as wearing of black colored fabric. Where the two textiles measure 5,000 signature frequencies, when put together, these cancelled each other and brought measurable weakness and in some tests even pain to the human body.



12. What solemn reminder is given to those who ignore God's principles?

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." (Galatians 6:7)

Answer: Those who ignore God's health principles will more likely reap broken bodies and burned-out lives, just as one who abuses his automobile will likely have serious car trouble. And those who continue to break God's laws of

health will ultimately be destroyed (1 Corinthians 3:16, 17). God's health laws are not arbitrary—they are natural, established laws of the universe, such as the law of gravity. Ignoring these laws can bring disastrous results! The Bible says, "The curse causeless shall not come." (Proverbs 26:2). Trouble comes when we ignore the laws of health. God, in mercy, tells us what these laws are so we may avoid the tragedies that result from breaking them.

13. What shocking truth about health involves our children and grandchildren?

"Thou shalt not eat it; that it may go well with thee, and with thy children after thee" (Deuteronomy 12:25)

"Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God [am] a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth [generation] of them that hate me;" (Exodus 20:5)

"My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children." (Hosea 4:6)

Answer: God makes it plain that children and grandchildren (to the fourth generation) pay for the folly of parents who ignore God's health principles. The children and grandchildren inherit weakened, sickly bodies when their mothers and fathers defy God's rules for their lives. Wouldn't you avoid anything else that might harm your precious children and grandchildren?

14. What other sobering fact does God's Word reveal?

"There shall by no means enter into it [God's kingdom of glory] anything that defiles" (Revelation 21:27).

"But [as for them] whose heart walketh after the heart of their detestable things and their abominations, I will recompense their way upon their own heads, saith the Lord GOD." (Ezekiel 11:21)

Answer: Nothing defiling or unclean will be permitted in God's kingdom. All filthy habits defile a person. Use of improper food defiles a person (Daniel 1:8). It is sobering but true. Choosing their own ways and those things in which God does not delight will end up costing people their eternal salvation (Isaiah 66:3, 4, 15–17).



15. What should every sincere Christian endeavor to do at once? I've been blind to understanding some of these principles.

"Let us cleanse ourselves from all filthiness of the flesh and spirit" (2 Corinthians 7:1).

"And every man that hath this hope in him purifieth himself, even as he is pure." (1 John 3:3)

"If you love Me, keep My commandments" (John 14:15).

Answer: Sincere Christians will bring their lives into harmony with God's health principles immediately because

they love Him. They know that His rules only add to their happiness and protect them from the devil's diseases (Acts 10:38). God's counsel and rules are always for our good, just as good parents' rules and counsel are best for their children. And once we know better, God holds us accountable. "Therefore to him that knoweth to do good, and doeth [it] not, to him it is sin." (James 4:17)

16. Some evil habits bind people so tightly. What can they do?

"But as many as received him, to them gave he power to become the sons of God, [even] to them that believe on his name:" (John 1:12)

"I can do all things through Christ who strengthens me" (Philippians 4:13).

Answer: You can take all of these habits to Christ and lay them at His feet. He will joyfully give you a new heart and the power you need to break any sinful habit and become a son or daughter of God (Ezekiel 11:18, 19). How thrilling and heartwarming it is to know that "with God all things are possible" (Mark 10:27). And Jesus said, "Him that cometh to me I will in no wise cast out" (John 6:37). Jesus is ready to break the shackles that bind us. He longs to set us free and He will, but only we will permit it. Our worries, bad habits, nervous tensions, and fears will be gone when we do His bidding. "These things I have spoken unto you ... that my joy might remain in you" (John 15:11). The devil argues that freedom is found in disobedience, but this is false! (John 8:44).



17. What thrilling promises are given about God's new kingdom?

"The inhabitant shall not say, 'I am sick' " (Isaiah 33:24).

"There shall be no more death, neither sorrow, nor crying. There shall be no more pain" (Revelation 21:4).

"But they that wait upon the LORD shall renew [their] strength; they shall mount up with wings as eagles; they shall run, and not be weary; [and] they shall walk, and not faint." (Isaiah 40:31)

Answer: The citizens of God's new kingdom will gladly follow His health principles, and there will be no sickness or disease. They will be blessed with eternal vigor and youth and will live with God in supreme joy and happiness throughout all eternity.

18. Since healthful living truly is a part of Bible religion, are you willing to follow all of God's health principles?

Answer:

THOUGHT QUESTIONS

1. First Timothy 4:4 says, "Every creature of God is good, and nothing is to be refused." Can you explain this?

This can sometimes be misinterpreted. If a plate of maggots were set in front of you and I said "Nothing is to be refused" then you might not like the way I was using this verse. Context is very important.

This Scripture passage is referring to those who are saying to "abstain from meats (food), which God hath created to be received with thanksgiving" (verse 3) by His people. These foods here referred to are foods which were given at creation. The word "created" is a key word. When God "created" the earth, man was given certain "meats" to eat. The Bible interprets itself saying:

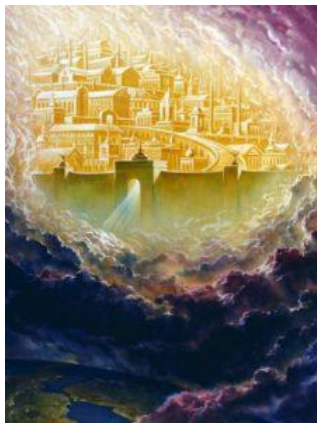
"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be **for meat**. [Food]" (Genesis 1:29)

This is the meat created to be eaten with thanksgiving. No one should tell you to "abstain" from those meats. But the new testament believers were told to "abstain from things strangled, and from blood." (Acts 15:20)

In Deuteronomy 14. Verse 4 it is clear that all creatures of God are good and not to be refused, IF they are (clean animals). Verse 5 tells why these animals (or foods) are acceptable: They are "sanctified" by God's Word, which says they are clean provided that all blood and fat is removed, and by a "prayer" of blessing, which is offered before the meal. Please note, however, that people who try to "sanctify themselves" while eating unclean foods will ultimately be destroyed (Isaiah 66:17)

2. Matthew 15:11 says, "Not what goes into the mouth defiles a man; but what comes out of the mouth." How do you explain this?

The subject in Matthew 15:1–20 is eating without first washing the hands (verse 2). The focus here is not eating, but washing. The scribes taught that eating any food without a special ceremonial



washing defiled the eater. Jesus said these ceremonial washings were meaningless. In verse 19, He listed certain evils: murders, adulteries, thefts, etc. Then He concluded, "These are the things which defile a man, but to eat with unwashed hands does not defile a man." (verse 20)

3. But didn't Jesus cleanse all animals in Peter's vision, as recorded in Acts 10?

No. The subject of this vision is not animals, but people. God gave Peter this vision to show him that the Gentiles were not unclean, as the Jews believed. God had instructed Cornelius, a Gentile, to send men to visit Peter. But Peter would have refused to see them if God had not given him this vision, because Jewish law forbade entertaining Gentiles (verse 28). But when the men finally did arrive, Peter welcomed them, explaining that ordinarily he would not have done so, and saying, "God has shown me that I should not call any man common or unclean" (verse 28). In the next chapter (Acts 11), the church members criticized Peter for speaking with these Gentiles. So Peter told them the whole story of his vision and its meaning. Acts 11:18 says, "When they heard these things they became silent; and they glorified God, saying, 'Then God has also granted to the Gentiles repentance to life.' "

4. What did God make the pig for, if not to eat?

He made it for the same purpose that He made the buzzard—as a scavenger to clean up garbage. And the hog serves this purpose admirably.

5. Romans 14:3, 14, 20, says: "Let not him who eats despise him who does not eat. ... There is nothing unclean of itself. ... All things indeed are pure." Can you explain this?

Verses 3 through 6 contrast people who eat certain things with those who do not. The passage does not say either is right, but rather counsels that neither pass judgment on the other. Instead, let God be the Judge (verses 4, 10–12). Verses 14 and 20 refer to foods that were first offered to idols—and, thus, were ceremonially unclean—not to the clean and unclean meats of Leviticus chapter 11. (Read 1 Corinthians 8:1, 4, 10, 13.) The point of the discussion is that no food is "unclean" or "impure" just because it has first been offered to idols, because an idol is "nothing in the world" (1 Corinthians 8:4). But if a person's conscience bothers her for eating such food, she should leave it alone. Or even if it merely offends someone else, she should likewise abstain.

6. Isn't it enough to just love the Lord and not concern ourselves with God's laws of health?

But if you truly love the Lord, you will be eager to obey His health laws because that's the way He has designed for you to achieve optimal health, happiness, and purity. "He became the author of eternal salvation to all who obey Him" (Hebrews 5:9). Jesus said, "If you love Me, keep My commandments" (John 14:15). When we truly love the Lord, we won't try to dodge His health laws (or any other commandments) or make excuses. This attitude actually reveals the true heart in the other things of God. "Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven" (Matthew 7:21). Many tests throughout the Bible had to do with diet. Whether it be Jesus temptation in the wilderness, the Israelites temptation in the wilderness, Esau over a bowl of pottage, Daniel in Babylon, or Eve in the garden of Eden. Is it possible that even today as is written in the New Testament by Paul the apostle, people are being called to "touch not the unclean thing." (2 Cor 6:17)

QUIZ QUESTIONS

1. Following God's health rules for the human body (1)

- ☐ Is necessary for children, but not of great importance to an adult.
- ☐ Is a very important part of true Bible religion.
- ☐ Has nothing to do with a person's religion.

2. **God's health laws were given (1)**

_____ By a loving God who made us in the beginning and knows what is best for our happiness.

_____ For the Jews only and do not apply today.

_____ To show us He is boss and can control us.

3. **A true Christian will (1)**

_____ Eat and drink anything he desires.

_____ Just love the Lord supremely and ignore His health laws because they were done away with at the cross.

_____ Eat and drink only those things which will strengthen the body, mind, and character and bring honor to God.



4. **Man's first diet (1)**

_____ Consisted of fruit, grains, and nuts.

_____ Included alcoholic beverages and flesh foods.

_____ Consisted of anything and everything that Adam and Eve wanted.

5. **God lists these creatures as unclean: (7)**

_____ Cow.

_____ Pig.

_____ Chicken.

_____ Squirrel.

_____ Rabbit.

_____ Catfish.

_____ Deer.

_____ Trout.

_____ Clam.

_____ Shrimp.

_____ Lobster.

_____ Goat.

6. **Alcoholic beverages are (1)**

_____ All right for a Christian if used in moderation.

_____ Wrong for a person to use only if he thinks they are wrong.

_____ Not to be used by a Christian.

7. **The Bible says to (1)**

_____ Abstain from all meats

_____ Abstain from meats created to be received with thanksgiving

_____ Abstain from things strangled and blood

8. **The use of tobacco is (1)**

_____ Each person's private business and has no relationship whatever to his religion.

_____ Sinful, and a Christian will not use it in any form.

_____ Beneficial to the Christian.

9. **Check the health laws listed below which are God's health laws: (9)**

_____ Don't overeat.

_____ Smoke after each meal.

_____ Be happy and cheerful.

_____ Drink some liquor before meals.

_____ Keep your body clean.

_____ Eat lots of pork.

_____ Drink plenty of coffee and tea.

_____ Be temperate in all things.

_____ Eat meals at regular intervals.

- ☐ Don't harbor grudges.
- ☐ Balance work, exercise, and sleep.
- ☐ Trust fully in the Lord.
- ☐ Don't use animal fat and blood.
- 10. **A very important truth regarding God's health laws is that (1)**
 - ☐ Children and grandchildren often have weak bodies and minds because parents ignore God's health laws.
 - ☐ These laws were for the Jews only and do not apply today.
 - ☐ If we really love Christ, His health laws are unimportant.
- 11. **The best way to overcome sinful habits is to (1)**
 - ☐ 'Taper off.'
 - ☐ Yield fully to Christ, who gives us power to do all things.
 - ☐ Hope they will go away.
- 12. **God's health laws are (1)**
 - ☐ Like the rules for operating a car: They are best for us, and we run into serious trouble when we ignore them.
 - ☐ Was done away at the cross.
 - ☐ A good idea, but do not affect a person's relation to God.
- 13. **A sincere Christian will (1)**
 - ☐ Spend more time praying and ignore God's health rules.
 - ☐ Immediately change any habit when he finds it conflicts with God's rules, because when we love Christ, we will gladly keep His rules and commandments.
 - ☐ Feel free to use tobacco.
- 14. **It is my plan to follow God's health rules.**
 - ☐ Yes.
 - ☐ No.

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